

**“Modern wars are fought
by entire populations.”**
– Gen. Carl Spaatz

News in Brief

Vietnam speaker

Robert Barrera, 47th Mission Support Squadron Family Support Center flight chief, will serve as the keynote speaker in an opening ceremony at the Kerrville Division VA Hospital to commemorate the arrival of the Vietnam Moving Wall Memorial in Kerrville, Texas, at 10 a.m. Saturday.

Clinic closure

The 47th Medical Group will be closed for a group commander's call from 3:30 to 4:30 p.m. July 21. During this time, all clinics will be closed and the Nurse Triage Line will not be available. Radiology, the laboratory and the pharmacy will also be closed. The Tricare Service Center will be open.

If you have a medical emergency, report to the Val Verde Regional Medical Center Emergency Room. For other care, call (800) 406-2832.

For more information, call 298-6309.

Mission status

(As of July 2)

Days ahead or behind with
mission capable rate

T-37	1.05	91.1%
T-1	0.90	82.4%
T-38	-2.53	80.5%
T-6	-3.08	85.2%



Photo by Maj. James Payne

Splashing off...

Col. Ken Smith, 47th Flying Training Wing vice wing commander, gets sprayed down following his final flight at Laughlin Air Force Base. Colonel Smith departed Tuesday for Randolph AFB where he will be the deputy director of personnel for Air Education and Training Command.



2nd Lt. David Shrack

Laughlin mourns loss

Compiled from staff reports

Laughlin members mourned the loss of 2nd Lt. David Shrack at a memorial service Tuesday at the base chapel.

Lieutenant Shrack, a member of the 47th Contracting Squadron, died in an all-terrain vehicle accident while on leave July 2.

“Lieutenant Shrack will be missed by every member of our wing,” said Col. Dan Woodward, 47th Flying Training Wing commander. “Our hearts and prayers go out to his family in their time of grief.”

Hometowns support troops with OTF

**By Army Sgt. 1st Class
Doug Sample**

American Forces Press Service

WASHINGTON (AFP) — More than 1,000 hometowns across the nation joined the Defense Department this Fourth of July in recognizing hometown heroes and honoring the men and women who have served in the war on terrorism.

The recognition is part of Opera-

tion Tribute to Freedom, and Army Maj. Gen. Anders B. Aadland, executive director for the campaign, says the outpouring of support by the American public for the military has been “extraordinary.”

The Tribute to Freedom campaign runs through Veterans Day. Its focus is to salute military personnel returning home from the war on terrorism and to strengthen the rela-

tionship between the American public and the military, General Aadland said.

“It certainly has been a reaffirmation. The momentum of hometowns welcoming returning military servicemen and women from the war is there,” General Aadland said. He added his staff had to take advantage

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Commanders' Corner

Mr. H.F. Faver
47th Services Division director

Services: providing for AF families

When I entered civil service, it was my goal to give back to a system that literally turned my life around. To that end, I made the perfect choice, a career in Air Force services division.

Services is a genuine and gratifying opportunity for a group of professional military members and civilians to contribute to the nation's defense.

First, the Air Force is a profession that is centered on taking care of people. Similarly, services is a professional organization that recognizes and supports the sacrifices of individual airmen and their families during our country's challenges.

The men and women I have met in this career field and here in the services division take personal pride in the fact that when an airman deploys, they are there to support their many needs. Services personnel are on the front lines providing essential mission sustaining meals and lodging, as well as caring for your loved ones on the home front. Lastly, but most important, services is there to render honors to those who gave their all.

Services here at Laughlin is a smaller model of the over-arching Air Force services structure strengthening the foundation of combat air power. I am extremely proud of the dedicated services personnel at Laughlin who work diligently to support our wing flying mission. Our primary goal in the 47th Services Division is quality customer service. The vital objec-

tives are to provide programs customers want and need to satisfy military, social, physical, cultural and recreational requirements.

Services is composed of two categories of activities, those that are self-sustaining and government activities funded and authorized by congress. The self-sustaining programs, non-appropriated activities, generate money to enhance the quality of life for the base community, i.e. Club XL, Cactus Lanes, Leaning Pine Golf Course, Skills Development and the marina. The base clubs are key to this process as they typically provide the lion's share of these dollars; therefore, the success of the club directly correlates with the success of the services division and our impact on the base.

These activities operate as businesses putting community dollars to work for the troops. Contrary to popular belief, there are no profits in services. Revenues are returned to airmen and family programs at the base level. Good examples of troop dollars at work are youth programs, new boats at the marina and a new services marquee. Government dollars are being put to work at Laughlin.

In the near future, we will be opening the doors to a \$12 million lodging operation, a \$12 million fitness center to open in summer 2004 and more than \$150,000 in new fitness center equipment. These efforts will improve Laughlin's mission capability and community mo-

rale and welfare.

We in services are in a great position to create and endorse positive upward spirals of success and enhanced morale. By offering families great programs and services, our community can feed its own leisure needs by belonging to the services' consumer family.

Airmen and their family members can participate in any services activity or program. Furthermore, there are many opportunities to influence the type of programs offered. Services provides programs for people from six weeks to well beyond 60 years.

Each of these programs has some type of advisory council or point of contact that will respond directly to suggestions, inquiries and feedback. There are parent advisory councils, club advisory councils, contact numbers for providing direct feedback to activity managers, activity comment cards and a web-based interactive customer evaluation program.

Members of the services family can support the community effort by participating in the feedback system and therefore molding operations and programs to meet their needs. The services mission is defined by the needs of the country and service to its Air Force members and families. It is a sacred trust and on behalf of the 47th Services Division we invite you to let us give back to a great group of people living in the greatest nation on earth.



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Commander

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Tech. Sgt. Anthony Hill
Internal information NCO in charge
Airman 1st Class Timothy J. Stein
Editor

Airman 1st Class Yvonne Clark
Staff writer

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Deadlines, Advertising

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, 298-5262. **Copy deadline is close of business each Thursday the week prior to publication.**

Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Submissions can be e-mailed to: **timothy.stein@laughlin.af.mil** or **yvonne.conde@laughlin.af.mil**.



United States Air Force

ONLINE news

Access breaking news at United States Air Force Online News, the official newspaper of the United States Air Force. A simple click to www.af.mil/news/ keeps you informed about events.

Actionline 298-5351

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a timely personal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If you give your name, we will make every attempt to ensure confidentiality when appropriate.



Col. Dan Woodward
47th Flying Training
Wing commander

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle.

Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.

AAFES	298-3176
Accounting and Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
EEO	298-5879
FWA hotline	298-4170
Hospital	298-6311
Housing	298-5904
Information line	298-5201
Legal	298-5172
MEO	298-5400
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810

*“Excellence – not
our goal, but our
standard.”*
– 47 FTW motto

Readiness – commit to improvements

By Gen. Donald Cook
Air Education and Training Command commander

I'd like to focus on the importance of readiness. As an expeditionary Air Force, we must pursue opportunities to improve compliance with medical and fitness requirements.

Historically, Air Education and Training Command has performed well in this area due to motivated airmen and commander involvement. I ask you to continue this trend with a renewed focus on accomplishing deployment prerequisites such as Preventive Health Assessment, Preventive Individual Medical Readiness and Cycle Ergometry.

PIMR includes immunizations, dental clearance, medical clearance and PHA. Our command PIMR completion rate stands at 77 percent, which means 23 percent of our airmen are not medically ready to deploy.

These statistics present a challenge, requiring wing commander attention and innovative solutions. For example, if you are having problems with immunizations, work with the clinic to bring medical personnel into the squadrons, if necessary. This type of cooperative effort is required to bring the command to the highest level of

readiness. The mental and physical stress associated with deploying in support of contingency operations requires a high level of fitness. The recent downward trend in AETC and Air Force cycle ergometry pass rates indicates the need for greater emphasis on assessing and improving the health and wellness of our airmen.

I'm not referring to token gestures meant to improve the top down view of metrics, but to real squadron-level programs designed to ensure the fitness of our airmen. All AETC units should have a program to ensure members are able to meet fitness measures.

In the coming days, a new Air Force fitness program will be unveiled. The goal is to provide a science-based, command-oriented fitness program. Though not finalized, it promises significant changes to the system in-place today.

Commanders must assume a greater role in ensuring the fitness, and ultimately the deployability of our airmen. As the "First Command," our personnel must set the example as they provide airmen the foundation to support our air and space expeditionary force. I ask you to be innovative, active and committed to improving our readiness.

Common courtesy plummets in summer heat?

By Senior Airman
Julie Weckerlein
31st Fighter Wing Public Affairs

AVIANO AIR BASE, Italy – I bet it is a scientific fact: When the temperature rises, common courtesy drops. There should be a name for it, like "heat madness."

I recently got a rude awakening about this phenomenon. I was disrespected by someone. Outwardly, I shrugged off the incident, but inside, I was hurt by it. So, like spilled soda on a hot afternoon, the negativity stuck to me. I found myself focusing on other people's rudeness and became a little cynical myself.

I reeled with anger when I heard someone here call an American Forces Network disc jockey a moron.

I felt sick to my stomach when I saw a woman belittle a food court worker because the worker mistakenly gave the woman ketchup instead of barbecue sauce.

I felt disgusted when my husband told me of a thrift shop customer who chastised a volunteer who wouldn't unlawfully bend the rules for her.

And what really bothered me was that it seemed people were being most

cruel to those they viewed as inferior: faceless lower-ranking airmen; food workers; full-time volunteers; Italian workers.

I wondered, is it the heat? Does excessive sunlight feed people's inner demons? Was it that nobody was doing anything nice around here, or was it that nobody was noticing?

I pondered this the other day as I walked into my office, barely noticing the cleaning lady walk past me. I see her every day, but I don't know her name. Her English is limited; my Italian is virtually nonexistent. People walk over her freshly mopped floors and leave pools of water and trash on the bathroom counters every day. But, she does her job thoroughly and with a smile. She has a friendly greeting for everyone.

This particular morning was no exception. "Ciao," she said to me.

I returned the greeting. She pointed to my belly and asked about my pregnancy, so I answered (with the little Italian I do know) that things were good. She gave me a knowing smile and nodded her head, and we went our separate ways.

Not surprisingly, though, a smile

had made its way on my face, too. And as the day continued, I zeroed in on the "flip" side.

I felt good when I saw an officer give up his booth seat so an enlisted mother could feed her three children comfortably in the crowded food court. I was pleased that the gate guards had genuine, friendly greetings for every driver coming onbase, despite a day spent standing in the heat in full gear.

I was amazed when I overheard a woman profusely thank a customer service representative for her help. I even felt myself willing to stay late to help a co-worker.

The cleaning lady did more than just say hello to me. Her simple gesture of kindness took my negative attitude and twisted it into the opposite direction to the point that I wanted to be a nicer person too. It wasn't about rank or status, job or environment. It was about one human reaching out and being kind to another.

There are still rude people out there. I still have the feeling that the heat can bring out the worst in people. But I think we can all beat the heat madness one courteous act at a time.

Uniform supply snagged by fabrics

DALLAS, Texas – Delays in getting certified fabric have backed up production of selected Air Force and Army optional uniforms.

Those items include Air Force polyester/wool blend shirts and blouses, polyester slacks and skirts, mess dress uniforms and officer service coats sold through the Army and Air Force Exchange Service.

The shortages are expected to continue through fall, AAFES officials said.

Lengthened delivery times on certified fabrics have caused the shortage. Burlington Industries, the sole certified manufacturer of nearly every fabric used in military uniforms, has been reorganizing under Chapter 11 during the past year.

As part of their reorganization plan, they have become a “made-to-order” supplier, causing fabric-delivery times to increase from five-to-six

weeks to six months or more. There is now a four-to-five month gap in the pipeline, officials said.

Uniforms produced by Army and Air Force-certified manufacturers with certified fabrics are the only uniforms sold in military clothing sales stores. AAFES is not authorized to use other fabrics or purchase optional uniforms from companies that do not meet approved supplier requirements, AAFES officials said.

AAFES officials continue to work with the Air Force and Army clothing and textile offices to find additional manufacturers to supply certified fabric, officials said. In the meantime, military clothing sales store workers are moving merchandise to different stores to meet the immediate needs of military members.

(Courtesy of Air Force Print News)



Photo by Capt. Paula Kurtz

Showing patriotism...

A young Del Rio citizen waves two American flags during the July 4th parade downtown. Members of Laughlin's security forces, fire department and medical group participated in the parade. The parade was one of many events which took place in the local area for the fourth. There was also a bell-ringing ceremony with a T-1 flyover, games and fireworks.

Newslines

Awards luncheon

The 47th Flying Training Wing second quarter awards luncheon is scheduled for 11:30 a.m. July 30 at Club XL.

All nominees should R.S.V.P. by calling 298-5635. Commanders and distinguished visitors should R.S.V.P. by calling wing protocol at 298-4708. The last day to R.S.V.P. is July 23. All others wishing to attend should contact their unit point of contact.

For more information, call Tech Sgt. Wesley Morris at 298-5406.

Dorm storage

Dorm residents living in building 255 are reminded to label and tag any belongings stored in one of the three storage rooms. All items not tagged by Aug. 15 will be sent to the Airmen's Attic, DRMO or the trash.

For more information, call 298-5213.

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of the “tremendous patriotism and a spirit of recognition that exists out there already.

“I'd say it's been extraordinary,” he said. “We didn't realize the number of hometowns we would be able to get to sign up and say, ‘We want to do this’ (and) ‘We're very concerned about doing what we can to recognize the great service of our military and the global war on terrorism.’”

Although Memorial Day events that kicked off the operation drew a lot of support, General Aadland believes this year's Fourth of July celebration will be the campaign's biggest show of public support yet.

Events for the July Fourth weekend ranged from parades and fireworks displays to concerts and sporting events where “they have dedicated time to raise the flag in patriotism and honor our service men and

women. It runs the whole gamut and is comprehensive across the whole nation.”

“The focus is on the communities, the hometown and returning soldiers, sailors, airmen, Marines and Coast Guardsmen who now can go and spend a little time with their families and be recognized for their service,” he said. “Across the nation it's been an outcry of support.”

Besides the thrust to thank military personnel for their “bravery, commitment and dedication” in the terror war, Genreal Aadland emphasized the campaign's focus on letting the American public know that the global war continues.

“It's not over,” he said. “Our military men and women continue to serve and should be recognized.

“This effort is a way to establish the spirit that welcomes and recognizes the tremendous service of our troops. This is all about the troops,” he said.

200,000 parents receive pins

By Master Sgt. Scott Elliott
Air Force Print News

WASHINGTON — Your Guardians of Freedom, the Air Force’s grass-roots outreach information and recognition program, has touched the lives of more than 200,000 parents of airmen, a Pentagon official has announced.

The program began in 2002 as a way for Air Force leaders to personally recognize the employers of reservists and guardsmen who were called to active duty to support operations Noble Eagle and Enduring Freedom. Employers who were nominated by their airmen employees received lapel pins emblazoned with the Air Force logo and the letter “E,” and a personal letter signed by the Air Force’s senior leaders.

The recognition program expanded in May to include parents. Nominated parents received a letter and lapel pin with the letter “P.” All active-duty, Air National Guard and Reserve airmen may participate in the program, officials said.

About 110,000 of the nearly 590,000 uniformed airmen have nominated their parents for recognition, according to Brig. Gen. Ed Tonini, program director.

The program will soon inform family members, employers and community leaders during times of military deployment, General Tonini said.

“The overall YGOF program will be tied to air and space expeditionary force

deployment schedules,” he said. “When people are scheduled to deploy, we will press very hard to make sure they have the communications and outreach support they need in order to be successful.

“In its broadest terms, it’s an outreach program,” General Tonini said. “The message we give is, we consider each of the constituencies as our partners. We can’t do our job without their support. They are full partners in the global war on terror.”

The work is important because without support from the home front, deployed airmen face a domino effect of issues that may lead to those airmen separating from the service, General Tonini said.

“The program is working and it does what we were looking for it to do,” General Tonini said. “We know there are parents out there who proudly wear the pin to church, the store or meetings, and every other time they have an opportunity to brag on their son or daughter. That represents a swelling support for the work of the Air Force all over the world.”

Airmen may request up to two parent pins and letters to be sent to either their parents or people they view as parental figures, General Tonini said. To participate in the program, visit www.yourguardiansoffreedom.com.

“Everyone has someone they want to recognize,” he said. “The person who gets the pin will feel an amazing attachment to the work you do.”

New commander takes reins of 47th Aeromedical Dental

Compiled from staff reports

Team XL recently welcomed a new squadron commander to the 47th Aeromedical Dental Squadron.

Lt. Col. Timothy Sowin assumed command June 27.

Colonel Sowin

Hometown: New York

Time in service: 12 years

Education: Doctorate of Medicine and a Masters in Public Health

Previous assignments: Andrews Air Force Base, Md.;

Brooks AFB, Texas; Lackland AFB, Texas

Greatest feat: Pitched a no-hit, no-run baseball game in college

Leadership philosophy: Trust your staff. Treat them as you would want to be treated. Lead from the front,

but remember all credit goes to the staff who does all the work.

Personal hero: Jesus

Favorite quote: “I never met a man I didn’t like.”

Hobbies: Running, cycling, wood-working

Bad habit: Procrastination



Lt. Col. Sowin



Photo by Master Sgt. James M. Bowman

Urban legends...

OPERATION IRAQI FREEDOM – A pararescue team conducts an urban ground exercise in Iraq. The team is assigned to Baghdad International Airport.

Senior NCO induction ceremony set for July 26

Laughlin Air Force Base will induct seven technical sergeants into the senior NCO tier in a ceremony at 6 p.m. July 26 at Club XL.

The enlisted force comprises distinct and separate ranks. Each correlates to increased levels of training, education, technical competence, experience, leadership and managerial responsibilities. In 1977, the enlisted force structure was reorganized into three tiers: the senior NCO tier, the NCO tier and the airman tier.

Within the senior NCO tier, personnel transition from craftsmen and supervisors to leadership and managerial positions.

The ceremony celebrates the rise in rank and responsibility to be bestowed upon these NCOs. Following military tradition, the evening will be highlighted with a formal candelighting ceremony and guest speaker, Chief Master Sgt. Bill Milligan, former Air Education and Training Command command chief master sergeant.

Laughlin inductees are:

Brenda Graham, 47th Mission Support Squadron

Pamela Lee, 47th Mission Support Group

Thomas Mayo, 47th MSG

Mary Jo Perry, 87th Flying Training Squadron

Jeffrey Walton, 47th Aeromedical Dental Squadron

Inductees unable to attend the ceremony:

Richard Crivens, 47th Contracting Squadron

Patricia McHugh, 47th Communication Squadron

People wishing to attend should make reservations by Wednesday to squadron points of contact.

47th Logistic division - 298-5292

47th CS – 298-4161

47th Security Forces Squadron – 298-5248

47th CONS – 298- 5991

47th Operations Group – 298-5919

47th MSS – 298-5448

47th Services Division – 298-5251

47th Medical Group – 298-6434

47th Flying Training Wing staff agencies – 298-5169

Drinking, driving kills two USAFE airmen

By Erich Ziehmer
*U.S. Air Forces in Europe
Safety*

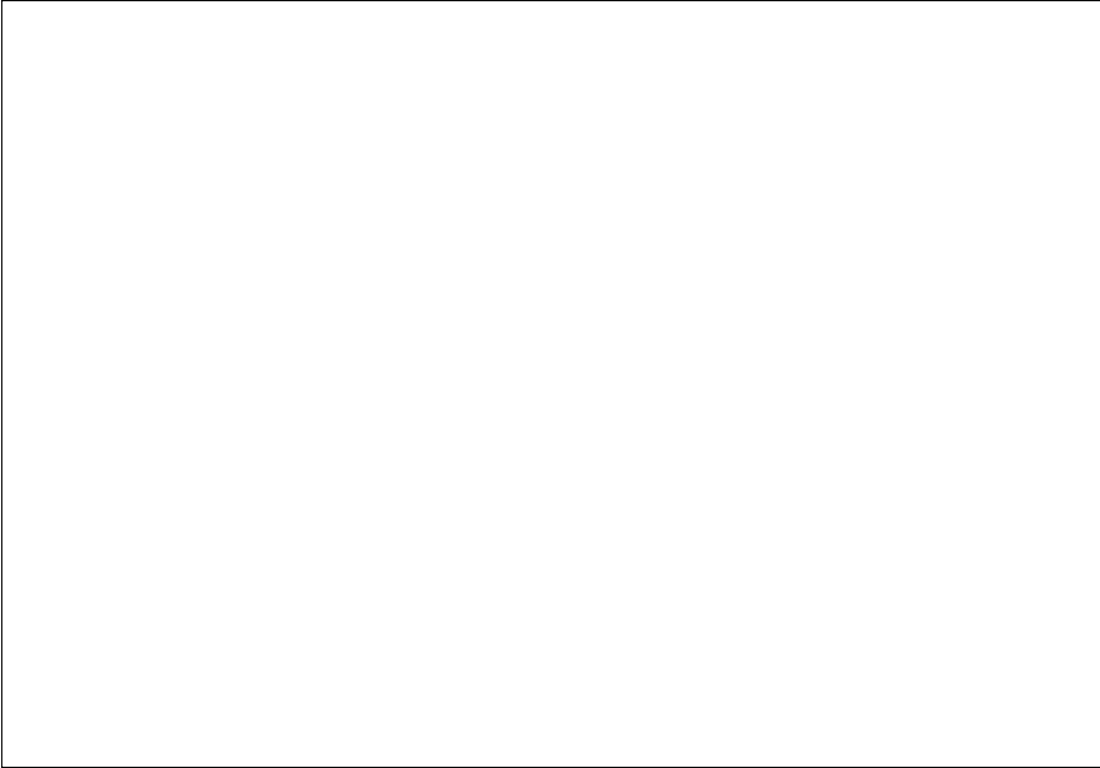
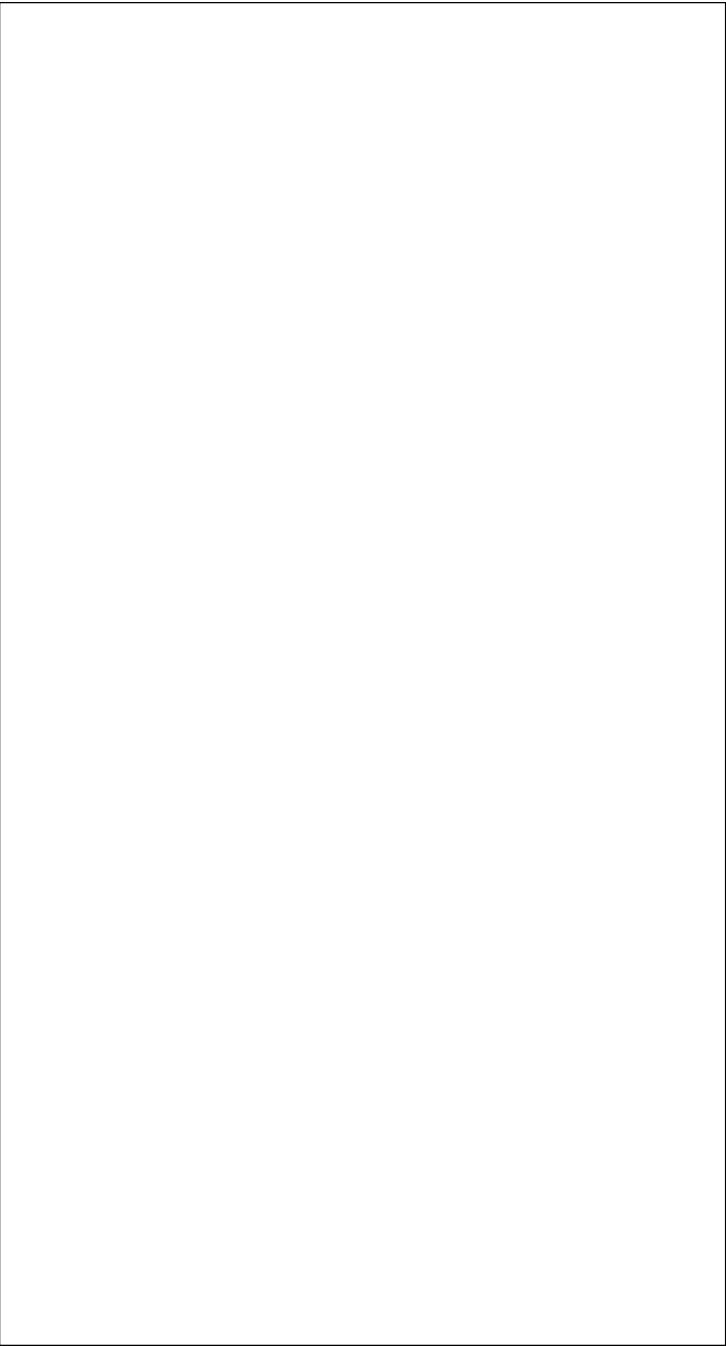
RAMSTEIN AIR BASE, Germany – People may think “it’s not going to happen to me.” But they need to think again. No one is immune; preventable vehicle crashes happen all the time, according to safety officials here. Automobile crashes do not mean just cuts, bruises and broken bones. They can mean permanent disfigurement or worse. They can mean death, as in the case of two U.S. Air Forces in Eu-

rope airmen. A typical night of fun for the victims was to go to a local bar and play pool. After the bar closed, they would go to a nightclub to further socialize until it closed the next morning. Then they would go to breakfast and return home to sleep. One particular weekend, the driver went out on a Friday night to play pool and socialize. After sleeping a short time Saturday morning, he went back out with friends and repeated these activities.

The driver and his passenger were returning home when the vehicle drifted across the roadway and crashed almost head-on into a tree. Both died. The driver was found to have a blood alcohol content of .21; the passenger’s BAC was .24. Both readings were more than twice the legal limit. This mishap was not only preventable, it was predictable. Safety office files are full of mishaps involving people with high-risk lifestyles. Major command and Air Force safety offices repeatedly publicize the dangers of fatigue, impaired driving, speeding, traffic conditions and environmental factors that lead to accidents. Some Air Force people are not learning from the mistakes of others. Sometimes people forget there are facets of their lives that they have direct control over. Although airmen are on-call 24-hours a day, they are free to choose, within limits, how they spend off-duty time. People’s choices of

lifestyle can influence other facets of their lives, such as operating a vehicle. This influence directly affects the likelihood of being involved in a vehicle accident. For example, when someone decides not to drive while impaired or fatigued, that reduces their mishap potential. When people take unnecessary risks such as drinking and driving, it increases the chances of being involved in a crash and endangering others. Safety officials suggest the following ways to reduce the chances of being in a vehicle crash: ■ Practice safe behaviors. Do not drink and drive, take a taxi, use a designated driver or use the Airman Against Drunk Driving program. ■ Do not speed. Obey traffic laws. Adjust for road and weather conditions. Allow enough time and leave an appropriate stopping distance between vehicles. ■ Do not drive aggressively. Be courteous to other drivers.

■ Do not drive while tired. When traveling long distances, plan the trip to include rest stops and breaks. Stop when needed and avoid marathon driving. ■ Do not drive distracted. Leave the cell phone and other gadgets alone. Focus on driving. ■ Use personal protective equipment. Buckle up and use proper child safety seats, booster seats or restraints. Always wear motorcycle protective equipment. ■ Drive defensively by watching out for the other guy. If one driver can cause a crash, then one driver can prevent one. ■ Practice risk management in planning and executing the trip. If someone thinks it is unsafe, then it probably is unsafe. ■ Driving requires concentration, perception and judgment. Do not compromise safety for a moment. Before the key goes into the ignition, before the gear goes into drive, make sure all the risks have been weighed.



Laughlin duo helps foil potential suicide attempt

By Airman 1st Class
Timothy J. Stein
Editor

A couple of Laughlin civilians recently helped two Texas Department of Safety officers stop a man from jumping off the Lake Amistad Bridge in an apparent suicide attempt.

Julia Coronado, Tricare health care finder, was driving north on Hwy 277 across Lake Amistad Bridge when she saw a woman trying to keep a man from jumping off the bridge onto the rocks below.

Mrs. Coronado called 911 to report the incident and then left her car to aid the woman.

“We both just held on for as long as we could,” said Mrs. Coronado. “It was very hard. The man weighed about 180 pounds and he was struggling against us. I took his arm and bent it over the railing to try to gain some leverage.”

Just when she thought she wouldn’t be able to hold on much longer help arrived in the form of two Texas Department of Safety troopers and another Laughlin employee.

Richard Urban, 47th Logistics Division funds manager, was driving the same stretch of road. A DPS vehicle passed him with its lights flashing when he was

about a half mile south of the Lake Amistad Bridge.

He pulled over to allow the vehicle to pass when he saw two other vehicles already parked on the bridge, a car with its front doors open and a truck in front of it.

“I thought that someone had run off the road and down the slope towards the lake,” said Mr. Urban. That is when he saw two DPS troopers, Jose Duenez and Bobby White, running toward three people, one of whom was hanging over the outside railing.

“I first thought that if I ran down below the bridge I could grab the man and keep him from falling and rolling down the slope,” said Mr. Urban. “However, when I got to the edge of the slope it was a drop of about 100 to 125 feet.”

Mr. Urban then ran back up the hill towards the officers. When he reached them, he saw they needed assistance. “I saw Trooper Duenez holding the man’s right leg with all the strength he could muster and Trooper White leaning over the railing holding the man’s right hand with all his strength,” he said. “I could see the troopers needed help so I reached over the rail and grabbed the man’s left hand below the wrist with both my hands. I told the trooper

holding the other wrist that I had him.”

The man began to slip while Trooper White and Mr. Urban held him. “We were having a hard time due to the fact the man’s wrists were sweaty,” Mr. Urban said. “We took turns releasing and establishing our grips.”

Mr. Urban and the troopers finally decided to handcuff the man to the railing to keep him from slipping out of their grasps. Throughout this ordeal, the man was struggling against them and saying he wanted to die.

The troopers and Mr. Urban successfully cuffed the man’s hands to the railing. When they tried to pull the man over the railing to safety, they found the man’s right leg was caught under the bottom railing preventing them from pulling him up. Working as a team, the troopers and Mr. Urban were able to free his leg and get the man over the railing to safety.

“I honestly felt I was going to witness the death of an individual who wanted to die. When we were holding him, I could see in my mind the man slipping from our grips, falling and hitting the ground,” said Mr. Urban. “Without Troopers Duenez’s and White’s determination to bring this individual to safety, this man would not be alive today.”

Chapel Schedule

Catholic

- Saturday ● 5 p.m., Mass
- Sunday ● 9:30 a.m., Mass
- Thursday ● 6 p.m., Choir; 7:30 p.m., R.C.I.A.
- Reconciliation ● By appointment
- Religious Education ● 11 a.m. Sunday

Jewish, Muslim and other denominations

- Call 298-5111

Nondenominational

- Sunday ● 6:30 p.m. Officer Christian Fellowship, call 298-2238
- Friday ● 7 p.m., Unity in Community Fellowship (activities for children)
- Monthly ● Women’s fellowship (call 298-1351 for details)

Protestant

- Sunday ● 9:30 to 10:30 a.m., Sunday school
- 11 a.m., General worship (blend of contemporary and traditional worship, nursery provided)
- Wednesday ● 10 a.m., Women’s Bible study
- 7 p.m., Choir at chapel

For more information on chapel events and services, call 298-5111.

Public affairs is looking for speakers for the Air Force Ball. Speakers will talk about history of Air Force aviation. Interested individuals should contact Lt. Sheila Johnston at 298-5988 by July 7.



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Do the world a favor and recycle this newspaper

The *XLer*

Shelly Blottin

47th Operations Support Squadron secretary

Hometown: Alexandria, La.

Family: Son, Justin, 14; cat, Mouzer

Time at Laughlin: 11 years, four months

Time in service: More than 20 years

Greatest accomplishments: Surviving and persevering single parenthood and finding confidence in myself

Hobbies: Attending my son's cello and golfing activities

Bad habits: Eating too many jalapeños, onions and chicken

Favorite music: Classical and old-time gospel

If you could spend one hour with any person, who would it be and why? My best friend Sheri, former 87th Flying Training Squadron secretary, to tell her how badly I miss her and to let her know the countless others who loved her so much.



Photo by Airman 1st Class Yvonne Clark

Tune to the Commander's Access Channel, base cable channel 34, to view up-to-date information about Laughlin activities.

Heard any good stories or news lately? Get the story straight. Contact your public affairs office at 298-5988.

Laughlin Bible wiz takes state's top slot

**By Airman 1st Class
Yvonne Clark**

Staff writer

Inspiration and confidence were all he needed to receive a perfect score in three youth local Bible competitions and take home the top slot in the Texas state Bible contest.

Jacob Eunice, 14-year-old son of Maj. Pete and Robin Eunice, had no doubt that he would take home the trophy along with nearly \$500.

"When we went to the state competition, he actually told us he was going to win," said Major Eunice, 86th Flying Training Squadron instructor pilot. "We just wanted him to do his best but when they announced he won, we were a little surprised but very happy."

After winning four major competitions at local, semi-state and state level, Jacob then went to the national competition with the same confidence. "I made it to the final six," said Jacob. "I was named one of the top

six drillers in the nation."

To prepare for the competition, Jacob memorized at least 30 verses, the order of all the books and where verses are found in the Bible. After the judges called out a question, contestants were required to find its place in the Bible and take a step forward within eight seconds. "There was a bit of anxiousness with a bit of nerves, but overall there wasn't a whole lot of pressure," he added.

Jacob attributes his confidence to about four years of studying Bible verses and drill practice. "You just have to know it from memory and, if you do, you're pretty confident," he said.

While studying and drill practice helped Jacob boost his confidence for the competitions, he said his first Bible-school teacher, Mrs. Elise Smith, inspired him to participate in the competitions. "It started out in our church in Prattville, Ala.," said Major Eunice. "Mrs. Elise made it a lot of fun for



Photo by Airman 1st Class Yvonne Clark

Jacob Eunice, 14, son of Maj. Pete and Robin Eunice, 86th Flying Training Squadron instructor pilot, reads some of the Bible verses used during the recent youth Bible competitions he participated in. Jacob recently won four competitions, including the Texas state youth Bible competition.

them. The further they went in the program, the more points they got for different prizes. There was a lot of neat stuff they could earn for themselves, but they had to work for it. It's not something you can make them do,

they either want to do it or they don't. Jacob just really got fired up about it and did very well."

Because Jacob performed so well in the competitions, many might think he was constantly studying, but

he continued doing the things he enjoys, such as swimming, track, soccer and even officiating a children's soccer team. "Participating in the Bible competitions was just one of those things I decided to do," said Jacob.

Financial planning key to setting long-term goals

By Gary Boyle

Ogden Air Logistics Center Public Affairs

HILL AIR FORCE BASE, Utah – For young airmen, the future can seem too far away to deal with now; however, many have learned that their decisions today have a great effect on their lives ahead. This is true especially when it comes to finances, according to a personal financial manager.

Dottie Blesse talks to young airmen on topics ranging from how to balance a checkbook to investing for retirement. She offers a few helpful tips for financial success.

"It's important to commit to a home financial plan and then stick to it," said Blesse. "Create a savings plan and put yourself in it. Treat savings

like a bill you pay every month, like you would a car payment."

A recent Department of Defense report indicated servicemembers through E-6 have trouble making ends meet. It attributes this not to income levels but to poor spending habits and financial education, Blesse said.

Additionally, an Air Force survey showed that people in the ranks of airman first class through staff sergeant, comprising half of the Air Force, applied for 78 percent of Air Force Aid Society assistance provided. They also received 76 percent of the nonjudicial punishment for indebtedness.

"If you have a \$5,000 credit card debt, it would take you 22 years to pay it off if you made the minimum payments and never used that card

again," Blesse said. "Interest costs money. In this age of instant gratification, it's important to have self-control," she said. "Keep a low credit-card limit and pay it off before you use it again."

Payday loan and rent-to-own operations provide seemingly easy ways for airmen to get and spend what they want in between paydays, but at a steep price, Blesse said.

"Rent-to-own can be as much as 265 percent over cost. I ask in my briefing how much people think a microwave costs, the answer is usually anywhere from \$50 to \$100. I had counseled a couple using rent-to-own terms, and we figured their microwave would cost them \$800," she said.

Blesse encourages airmen to visit a family support center financial planner when money troubles begin, not when creditors are at the gate.

How to achieve abs of steel

By Bill Goins
47th Flying Training Wing exercise physiologist

If I asked you what part of your body you wanted to improve the most, I would bet money that most of you would say your midsection. I don't know anyone who doesn't like to see nice, lean, chiseled abdominals.

The secret to abs is not doing thousands of crunches every day. Focus your energy on getting rid of the subcutaneous fat (the fat that lies beneath your skin) that covers up everyone's six pack. To do this you need to stop putting excess fat into your body, and you need to burn the fat off your entire body.

It is impossible to remove the fat just from your abdominal region. There is no such thing as spot reducing. Fat is spread over the entire body and the last place

we usually lose it is our bellies. So, train your abs like any other body part and burn the fat off your entire body with a proper combination of cardiovascular exercise, strength training and healthy eating habits.

So, you know exactly how you want your abs to look and you know what to do to get them there, but do you know what your abs do? Your abs are some of the most important and multi-functional muscles in your body. They provide us with many very important functions:

- They are postural muscles, meaning you could not even sit upright or stand without them.
- They cooperate with the diaphragm to assist in the breathing process.
- They stabilize the spinal column and prevent the central nervous system from be-

ing impinged by instabilities in the spine.

- They protect the internal organs from blows to the midsection. They do for the digestive organs what the rib cage does for the heart and lungs.
- They transfer forces from the upper extremities to the lower extremities and vice versa during activities ranging from leaping to reaching.
- They even initiate movements in your limbs. For example, when you walk, your core muscles contract before any muscles in your legs do.

Keep each of these points in mind when you plan and execute your abdominal routine. Remember, while having nice, lean, strong abs looks great, they are also responsible for everything from walking to breathing.

Sportslines

Golf tournament

The George Beverley Flight of the Order of the Daedalians is having a scholarship golf tournament 8 a.m. July 19 at Leaning Pine Golf Course. The entry fee is \$40 per person, \$30 for military course members. The fee includes green fees, cart fee, breakfast tacos, beverages on the course and a chicken fajita dinner after the tournament. There are prizes for the top three teams as well as prizes for longest drive and closest to the pin.

For more information, call Lew Nunley at 774-0278 or e-mail him at lwnunley@delrio.com or call Tom Moore at 775-9263 or 298-5251.

XL Fitness Center hours

Monday – Thursday:
5 a.m. to midnight

Friday:
5 a.m. to 8 p.m.

Saturday - Sunday:
9 a.m. to 8 p.m.

Holidays:
10 a.m. to 6 p.m.



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Softball standings

Team	W-L	Team	W-L
MEO 1	9-0	Med GP	9-0
OSS	7-2	CES	8-0
87th	4-5	Trend 1	6-2
LSI	4-5	Trend 2	3-5
MEO 2	3-5	CCS	3-5
86th	2-7	SFS	2-6
84/85th	1-8	MSS	0-8